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HALIFAX VOTES 2016

Lisa Blackburn
is the unofficial
councillor elect
in District 14.
JEFF HARPER/METRO



TIME TO REPRESENT

Two women on council say they will
be a strong voice metroNEWS

Candidate calls for vote to be examined

DISTRICT 10

**Andrew Curran
told residents had
accessibility issues
on election day**



**Yvette
d'Entremont**
Metro | Halifax

The candidate who lost to incumbent Russell Walker in Saturday's election by 15 votes believes the municipality made mistakes in his district.

In an interview on Monday, Andrew Curran said he received several calls and reports of people who cited issues with signage and accessibility on election day.

But his biggest beef revolves around an apartment building located at 3471 Dutch Village Rd. where Curran said residents were told via HRM's website they weren't in District 10.

A drop down menu on the municipality's website included three polling locations to choose from instead of one. Two of those three options sent them to vote in neighbouring District 9.

One voter tweeted to HRM's Twitter account "way to confuse our districts and allow district 10 candidates to campaign our building but no district 9. #noidea #toomuchtrouble."

Curran's concern is that other people may have been similarly confused and decided not to bother.

"It was human error only on this app on our website. For those that live at 3471 Dutch Village Rd. who received the mail-out telling them where to vote, it was correct," Halifax Regional Municipality spokesman Brendan Elliott said in an interview.

"So it's literally just this one occasion and we're not aware of any other addresses where this similar situation occurred."

Elliott said after looking into it they determined only two people from that building voted in the incorrect location.

"From our perspective yes it was



Andrew Curran lost the District 10
race by 15 votes. CONTRIBUTED

unfortunate that this took place, but we're also happy to report that with just two votes it would not affect the outcome of an election," he said, adding he believes more should be done.

"The right thing for the city to do is to go in and give everyone of those people a chance to revote in that building, if it's only that building, because many people may have opted to not vote with all that #toomuchtrouble," he said. WITH FILES FROM HALEY RYAN/METRO



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Pop Explosion packs punch

MUSIC
Charles Bradley's cancellation will hopefully have 'minimal impact'



Haley Ryan
Metro | Halifax

There may be fewer stages and a shorter run for the upcoming Halifax Pop Explosion, but organizers say the changes make for a "stronger" festival.

The 24th annual music event kicks off Wednesday and runs until Saturday. With nearly 90 acts, executive director James Boyle said they wanted to make life easier for people.

"We decided to focus on one larger venue instead of splitting between two of them," Boyle said Monday about the Halifax Forum's Multi-Purpose Centre being the main stage, and dropping the Olympic Hall.

"You'll see the MPC will be packed every night and we won't be sort of stressing out audiences, making them run from venue to venue," Boyle said.

He also said the decision to start on Wednesday rather than Tuesday, like in past years, came from concert-goers who found the schedule "too long."

"It's enabled us to come out stronger at the beginning instead of splitting those shows up over two days," Boyle said.

There's always an eclectic mix of music, Boyle said, and headliners like Hey Rosetta!, Keys N Krates, Basia Bulat, and BADBADNOTGOOD are shows not to miss.

Adding in singer-songwriters Hannah Georgas, Alana Yorke and more, there's "more guitars and less turntables" than in years past, Boyle said, but always something for everyone.

Local acts like pop/rockers Century Egg shouldn't be missed, Boyle said, and those looking for "cool experimental" music should head to the Art Bar + Projects stage by NSCAD for acts like Heaven For Real and Old and Weird.

Daniel Caesar will also be a highlight, Boyle said, as he sold out his first-ever two shows in Toronto with a "great, soulful voice that's really making an impact."

Caesar is playing the main stage Thursday night with BADBADNOTGOOD — the show originally meant for Charles Bradley before the soul singer's cancellation two weeks ago due to cancer.

Boyle said obviously the Halifax festival "pales in comparison" to Bradley's diagnosis, and although losing such a



Basia Bulat CONTRIBUTED



Hey Rosetta! CONTRIBUTED



BADBADNOTGOOD CONTRIBUTED

popular headliner obviously doesn't help the bottom line, ticket sales have remained strong.

Boyle added all the shows are getting buzz, and they are hoping by the end of the week

Bradley's cancellation will have had "minimal impact."

With over 20,000 people expected to come through Halifax for the festival, Boyle said the event is the best way to try new bars or visit old favourites, like

The Carleton Music Bar and Grill on Argyle Street.

This may even be the last chance for fans to catch an HPX show at the Carleton, with owner Mike Campbell telling media in September he's filed

for creditor protection and the space could close without a buyer.

Boyle said it's more important than ever to realize if you want to support music in Halifax "now's the time."



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HALIFAX VOTES 2016

Councillors aim to be heard

REPRESENTATION

Just two women on council, but they plan to speak up a lot



Yvette d'Entremont
Metro | Halifax

When the newly elected municipal council gets to work after its official swearing-in next month, there will be fewer female voices at the table.

The number of elected women representing HRM districts has decreased from four to two.

Lisa Blackburn's win in Middle/Upper Sackville-Beaver Bank-Lucasville makes her one of two women who'll sit on the next regional council.

She joins Lorelei Nicoll, councillor for Cole Harbour-Westphal since 2008. Nicoll won her district by acclamation.

During the 2012 municipal election, 17 women ran for office.

This time 13 women put their names forward, including Lil McPherson who ran in the mayoral race.

Blackburn believes its important women become involved at all three levels of government, but she acknowledges they face barriers.

"Certainly you take the family into consideration. And I don't know if that's something that men traditionally have



Lorelei Nicoll, left, and Lisa Blackburn plan to represent their gender at City Hall as women numbers drop in half. JEFF HARPER / METRO

to do. Would I have been able to do this 10 years ago? Probably not," she said during an interview at her Beaver Bank home on Monday.

Blackburn said with her daughter in her last year of high school, she knew she could devote the time required to do the job.

"It's mostly older women (in politics)... This is not a 'You get up and go to the office, close the door at five o'clock, and don't worry about it again until nine the next morning' job," she said.

"This is all-consuming, and I cannot imagine doing this with small kids."

Blackburn said she attended a workshop last fall devoted to encouraging women to become involved and consider running for office. She advises any woman interested in politics to do the same.

"We (women) come at things from a totally different perspective. We think about things differently.

"And I think it's imperative that you have that different voice at the council table," she said.

"The more the merrier, but being one of only two women we'll have to make sure our voices are heard ... I think the council table has to reflect the



community at large."

Nicoll said before she was first elected in 2008, she attended a few events put on by different political parties to "get a feel" for what they were about.

"When you don't see women represented that much, then you start to think 'Well maybe it's because I'm a woman that they don't want me at the table,'" she recalled thinking.

"I started to think, 'Well I'm going to put myself on the table just because you don't want me to be there.'"

Nicoll said when she ran her first campaign, she was asked at the door how her husband

felt about her running for municipal office.

While she didn't want to focus on gender specifically, Nicoll said she does think it's important to have elected female representatives at the table.

"I'd like to make it more about respect (than gender), but I do know in our culture and society, perhaps that's where the problem exists," she said.

"Women do feel they have to work harder to gain that respect, and that's what I find unfortunate. I think by having women on council it makes everyone mindful of that."

ELECTION

Recounts possible in races

When you lose a municipal election by a small margin, asking for a recount is sometimes the next step.

On Saturday night there were three particularly tight races in HRM.

Andrew Curran lost to incumbent Russell Walker in District 10 (Halifax-Beaver Bank West) by just 15 votes.

"It's only a recount if I put forward a request for a judicial review, which I will do," Curran said in an interview Monday.

"I am going to see what happens (during Tuesday's official count) and then I'm going to be meeting with my team and doing it well before the 10-day limit."

In District 14 Middle/Upper Sackville-Beaver Bank-Lucasville, long-time councillor Brad Johns was defeated by Lisa Blackburn by 47 votes.

He said via phone that he's waiting for Tuesday's tally before making a firm decision about whether to ask for a recount.

On Sunday, CBC reported that long-serving councillor Linda Mosher was also waiting for Tuesday's official tally before deciding if she'd seek a recount following her defeat to Shawn Cleary by 107 votes in District 9, Halifax West-Armdale. YVETTE D'ENTREMONT/METRO



It's only a recount if I put forward a request.

Andrew Curran

NUMBER OF WOMEN ON COUNCIL IN 2012: FOUR
NUMBER OF WOMEN VOTED TO COUNCIL IN 2016: TWO

IN BRIEF

Attempt to steal pants

A man was told to hand over his pants in an attempted robbery downtown early Monday.

Halifax Regional Police say two men were walking around Prince and Argyle streets around 12:10 a.m. when two others came up and started punching them. One demanded a victim hand over his pants. The suspects fled — and without the man's pants.

The victims were treated by paramedics. Police arrested a 26-year-old man to face unspecified charges.

PHILIP CROUCHER/METRO

Man dies in crash

A 34-year-old Main-a-Dieu man is dead after a motor vehicle accident on Main-a-Dieu Road just after midnight this morning.

Cape Breton Regional Police responded to the single vehicle incident at 12:30 a.m. on Monday near 295 Main-a-Dieu Rd. and found a Mazda RX-8 with extensive damage and a woman performing CPR on a man who appeared to have been ejected from the car. He was later pronounced dead.

The matter is now being investigated. TC MEDIA

CAPE BRETON

Clown performer charged with sex offences

A well-known Cape Breton entertainer is scheduled back in provincial court Tuesday for a bail hearing after being charged with four sex offences.

Dale Rancourt, 51, whose stage name is Klutzy the Clown, is charged with two counts of sexual interference involving a person under the age of 16 and single counts of sexual assault and sexual exploitation. The complainant in the case is female.

The offences are alleged to have occurred in various locations in the Cape Breton Regional Municipality between

July 15 and Oct. 16 of this year.

Rancourt has been operating his business in Cape Breton for about 16 years and has been a fixture at a host of community festivals, parades and other gatherings including children's birthday parties.

A native of Espanola, Ont., Rancourt was also known for his charity work.

He headed a campaign that repaired old bicycles that were given to children in need and most recently held a fundraiser for families who suffered damages after the wildfires in Fort McMurray this spring.

TC MEDIA



Dale Rancourt, a.k.a. Klutzy the Clown. FACEBOOK

Brewing up for a fight

ROBIE STREET

Islamic centre files noise complaint against bar

A Halifax Islamic centre says it's had enough of the noise coming from the bar and brewery next door, and wants an end to the urination, vomiting and cigarette butts from bar patrons.

The Centre for Islamic Development said Monday that it has filed a noise and litter complaint with the city against the Good Robot Brewing Company and also wants the province to revoke its liquor licence.

Juan Carlos Canales-Leyton, a centre member who wrote the formal complaint, said the brewery assured centre representatives that something would be done, but he said the noise in particular hasn't subsided.

"About a year or so ago they started to have parties and we started to see garbage, human fluids left on our step



The Halifax Regional Municipality has opened an investigation into a noise and litter complaint against Good Robot Brewing Company, on Robie Street in Halifax. JEFF HARPER/METRO

and noise levels," he said. "We have a religious centre, which is also a school, but it doesn't matter what it is because if it was your house you would have the same issue."

Canales-Leyton said the

issue is whether the centre can conduct its affairs without being affected by its neighbour or the people who are attracted to its premises.

"If it was your office that was next to them you would

probably be knocking at their door saying, 'Look I can't stand the cigarette butts anymore or the smell of marijuana,'" he said.

Canales-Leyton said the centre has been in the Robie Street

neighbourhood for about 20 years and purchased its current location in 2001. The brewery moved next door in May 2015 and opened a beer garden in May of this year.

Brendan Elliott, a spokesman with Halifax Regional Municipality, said the municipality has opened an investigation into a noise and litter complaint against Good Robot, but he wouldn't say who lodged it, citing privacy.

"The bylaw is pretty specific about examples of what is and is not allowed when it comes to noise," said Elliott. "We want to determine whether or not it unreasonably disturbs the neighbourhood."

Elliott said a compliance officer assigned to the case would meet with the business and the complainant to try to find a solution that is satisfactory to both parties.

"We have to keep in mind that it is a legal business, it is allowed to do the business that it is doing in that neighbourhood. There's nothing wrong with the bylaw in relation to zoning."

THE CANADIAN PRESS

COMMUNITY

Grants to fight sex crimes



Haley Ryan
Metro | Halifax

The second phase of the Prevention Innovation Grants, for those with creative ideas on how to combat sexual violence, was launched Monday by Community Services Minister Joanne Bernard in Dartmouth.

Bernard said there was an "amazing response" to the first call for grants with nearly 100 applications received from diverse groups from across Nova Scotia.

The grants are divided into categories of \$5,000 for smaller projects, and up to \$50,000 for larger ones.

This second round has \$600,000 available, bringing the total investment to more than \$1.2 million.

Application forms can be downloaded at novascotia.ca/stopsexualviolence, questions can be directed to strategy@novascotia.ca and the deadline to submit grant applications is Dec. 16 at 4 p.m.

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Ali (right): We like you guys.



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Adriana: You have changed the way we experience social media. You have created an entire social network and social experience for all of us.



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Peter: What I like about the United States is the fact that you're such a giving nation. Over \$250 billion a year is donated to charity and over 70 per cent of that comes from individuals.



Clay: America is a country that has continuously changed, continuously evolved. It's never stayed still.

Love notes to U.S.: You're already great

ELECTION

Canadians gush about southern neighbours in new campaign

And now for something completely Canadian.

A Toronto-based creative agency called the Garden Collective has started up an online campaign to boost American self-esteem in the midst of a vicious presidential campaign.

The campaign, called #TellAmericasGreat, has been trending on Twitter since it was launched on Thursday with more than 100,000 shares. An accompanying video had more than 180,000 views on YouTube.

"Certainly the buzz is there," the Garden's co-founder Shari Walczak said in a telephone interview. "The momentum is building."

The title is a play on Republican presidential candidate Donald Trump's campaign slogan, "Make America great

again."

According to the Garden's blog, the digital pep talk is meant as a balm to the "pretty scary realities" and "tremendous amount of negativity" exposed by the campaign, which continues for another three weeks.

"We wanted to do something positive," Walczak said.

The campaign notes that America has contributed to the world in music, movies, sports, science, technology, space travel, medicine, food, culture, shopping and social media.

The earnestness of the campaign is as Canadian as maple syrup.

"You guys are going to get someone to Mars," one fan remarks.

Yet another fan tweeted: "America, you gave the world cherry Coke & the internet & the Golden Girls. Don't let anyone tell you you're not great."

The campaign has garnered plenty of retweets and positive feedback.

One American from New Eng-

land gushes: "Canada is that best friend who comes over on the worst day of your life to remind you why life's still worth living. #TellAmericasGreat."

And Brit tried to squeeze in on the cyber-love, tweeting: "... you lot are the best cousins we could ask for. Awful bacon, but great films and teeth."

However, at least one commentator in the U.S. wonders if there's a little Canadian self-interest in the campaign.

Adweek hints that perhaps Canadians are a tad nervous about a flood of Americans north after the Nov. 8 election: "... It is almost as if Canada, after years of being ridiculed by the likes of South Park, is now — with its heartthrob Prime Minister Justin Trudeau, who likes to causally explain quantum computing — soothingly whispering to U.S. citizens, 'No, no, really ... if you elect an orange monster to your highest office, you really don't need to flee to Canada ... No, no, just stay in America ... It really is great there.'"

TORSTAR NEWS SERVICE

BASEBALL

Judge quashes bid to ban team's name, logo

An effort to ban the Cleveland Indians from using their full team name and logo when they played the Toronto Blue Jays was dismissed by an Ontario judge on Monday evening, just a few hours before the baseball teams

met in a high-stakes playoff game.

Justice Thomas McEwen issued his ruling after lawyers for an indigenous activist sought to bar use of the American team's name and logo in Ontario, arguing they amounted to racial discrimination.

Indigenous activist and architect Douglas Cardinal had filed complaints to the Human Rights Tribunal of Ontario and Canadian Human Rights Commission on the matter, but pursued an injunction in a Toronto court before those cases were ruled on. THE CANADIAN PRESS

SPORTS

'Times have changed' — but the Edmonton Eskimos won't



Alex Boyd
Metro | Edmonton

As calls amplified for the Edmonton Eskimos to re-examine their name Monday, the team's president said there are "no plans" to do so.

"Times have changed, there's no doubt, but it's over six decades that we've used the name," Len Rhodes said.

His comments were offered Monday after Toronto Mayor John Tory, who formerly served as the commissioner of the CFL, told reporters changing the Eskimos moniker "would be a very good step forward to make, in a province where there are a number of issues that concern

First Nations and indigenous people."

The reoccurring discussion of indigenous-inspired team names reignited recently after world-renowned architect Douglas Cardinal unsuccessfully sought a court injunction to stop the Cleveland baseball team from using their name and logo while in Toronto to play the Blue Jays.

The team's logo is a red-skinned man named 'Chief Wahoo.'

As often happens with these discussions, the uproar then moved west, after critics pointed out many Inuit find the 'Eskimos' name offensive.

But Rhodes argues it's not the same.

"For us, we associate it with a group of people that talk about

perseverance, determination and courage... it really represents all the people from the North in such a positive way," he said. "We don't think those are comparable whatsoever. We don't use logos, we don't use caricatures or cartoons."

After Natan Obed, president of the national Inuit Tapiriit Kanatami, wrote an op-ed last year condemning the name, Rhodes said the two had a "fabulous, cordial conversation."

But the team listens to all opinions, he said, adding there's no consensus within the Inuit community on the name.

He also said before his meeting with Obed in January he'd never had anyone from the Inuit community express concerns.

WITH FILES FROM MAY WARREN/METRO

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BUILDING & SERVING EXCELLENCE

Panel set up to explore youth employment

Canada could soon find itself facing unexpected economic and social fallout without a clearer picture of where and how young people are failing in the labour market, says the chairwoman of a new federal panel on youth unemployment.

A better understanding of why some young people can't get their foot in the door will be key to understanding whether Canadians will be able to afford a house in the future, Vass Bednar said in an interview.

THE CANADIAN PRESS

IN BRIEF

Trudeau appoints judge to the Supreme Court

Prime Minister Justin Trudeau has appointed the first born-and-bred Newfoundlander to the the Supreme Court of Canada, where Justice Malcolm Rowe will join eight other justices. THE CANADIAN PRESS

Complex Mosul strategy

IRAQ

Officials worry the battle for second-largest city is rushed

Iraqi forces have launched their most complex anti-Daesh operation to date: retaking the country's second-largest city of Mosul.

While the country's military has won a string of territorial victories that have pushed Daesh out of more than half the territory the group once held, some Iraqi officials worry that the Mosul fight has been rushed and if the city is retaken without a plan to broker a peace, it could lead to more violence.

HOW WE GOT HERE

Mosul fell to Daesh in June 2014, when the extremist group blitzed across northern and western Iraq, overrunning nearly a third of the country.

Over the last year, Iraqi forces have steadily pushed Daesh out of most of the western Anbar province, including the cities of Ramadi and Fallujah, and cut many of its supply routes to Syria.

TROOP BUILDUP

Iraqi forces began moving into



Iraqi forces deploy in the area of al-Shourah, 45 kilometres south of Mosul. AFP/GETTY IMAGES

Nineveh province to surround Mosul in July, when ground troops retook Qayara air base south of the city. Thousands of Iraqi troops are now massing there ahead of the planned operation.

THE PLAYERS

In addition to the Iraqi army,

Kurdish peshmerga forces, Iraqi special forces and Sunni tribal fighters, Shiite militias are also expected to play a role in the Mosul operation. The role of the Shiite militias has been particularly sensitive, as Nineveh is a majority Sunni province and the militias have been accused

of carrying out abuses against civilians in other operations in majority Sunni parts of Iraq.

THE OPERATION

The fight to retake Mosul was largely launched from the north and east. The Kurdish peshmerga forces say they will push Daesh out of a cluster of mostly Christian and Yazidi villages northeast of Mosul along the Nineveh plain, while Iraqi military troops try to cut the main supply line north-west of Mosul that links Daesh territory in Iraq to its strongholds in Syria. A large number of Iraqi military forces are also expected to push up from Qayara air base.

WHAT TO EXPECT

Mosul is Iraq's second-largest city and still home to more than a million civilians. Both in terms of geography and population, it's a much larger task than Iraq's military has ever undertaken previously in the fight against Daesh. It's unclear how many Daesh fighters remain in Mosul, but even a few hundred could wreak havoc. Iraqi forces advancing on Monday found roads and fields littered with roadside bombs, and Daesh unleashed a series of suicide car and truck attacks on the advancing troops, a tactic it has used effectively in past battles. THE ASSOCIATED PRESS

SYRIA

Another ceasefire declared in Aleppo

Russian and Syrian forces will halt hostilities for eight hours in the eastern districts of Aleppo, Russia's military announced on Monday, a day on which opposition activists said their airstrikes killed at least 36 people, including several children, in and around the divided city.

The two militaries will observe a "humanitarian pause" between 8 a.m. and 4 p.m. on Oct. 20 to allow civilians and militants safe passage out of the city, Lt. Gen. Sergei Rudskoi of Russia's general staff said in Moscow. Militants, the wounded and sick would be allowed

to evacuate to the neighbouring rebel-held province of Idlib.

UN humanitarian officials have pleaded with combatants to observe weekly 48-hour ceasefires to allow humanitarian relief into the city's besieged eastern districts, but Russian and Syrian forces have only escalated their aerial and ground assault on the rebel-held areas in recent weeks. The airstrikes have claimed hundreds of lives, wounded many, flattened apartment buildings and laid waste to the already crippled medical sector.

THE ASSOCIATED PRESS

IN BRIEF

Hitler's birth house to be torn down

The house where Adolf Hitler was born will be torn down and replaced with a new building, Austria's government announced Monday as it moved to eliminate the property's pull as a place of pilgrimage for neo-Nazis.

THE ASSOCIATED PRESS

Police investigating after father lists infant on eBay

German police say a 28-year-old man has admitted listing his infant daughter for sale on eBay but maintains that it was meant as a joke.

The 40-day-old girl was listed on the site last week at a price of 5,000 euros (\$5,500). THE ASSOCIATED PRESS

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Housing agency raises red flag

REAL ESTATE

Affordability worries spill over from big city markets

The head of the federal housing agency is raising a red flag about the state of Canada's real estate sector, saying affordability concerns have spilled

over from the country's two most expensive cities to nearby markets.

In an opinion piece, CMHC CEO Evan Siddall says the Canada Mortgage and Housing Corporation will raise its overall risk rating for the national housing market to "strong" from "moderate" for the first time when it issues its housing market assessment on Oct. 26.

"Affordability pressures hurt lower-income households the

most and cause real socio-economic consequences," Siddall wrote.

"CMHC has recently observed spillover effects from Vancouver and Toronto into nearby markets. These factors ... will cause us to issue our first 'red' warning for the Canadian housing market as a whole."

Siddall said high levels of debt combined with rising house prices are often followed by contractions in the economy.

"The conditions we now observe in Canada concern us," he wrote.

Siddall's comments came the same day new mortgage rules introduced by Ottawa took effect. The rules require a stress test for all insured mortgage applications to ensure borrowers can still repay their loans in the event interest rates rise or their personal financial situations change.

Until now, stress tests were

not required for fixed-rate mortgages longer than five years.

The federal government is making the change to try to stabilize the country's housing markets, particularly in Toronto and Vancouver where prices have soared.

Siddall said he supports the measure, even though it will cut into the purchasing power of some first-time buyers.

THE CANADIAN PRESS

+ FOREIGN BUYERS

Frank Wu, one of China's top real estate moguls, said Chinese investors have told him the 15 per cent tax on foreigners purchasing homes in Vancouver is discouraging them.

The vice-president of the China Real Estate Industry Association is part of a Chinese delegation of billionaires touring Canada this week.

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Wayne Gretzky sniffs a shot of his new No. 99 Canadian Whisky. TORSTAR NEWS SERVICE

ALCOHOL

Gretzky looking to score with whisky

It appears No. 99 is going to be on ice again.

After more than 10 years in the wine business with partner Andrew Peller Ltd., Wayne Gretzky launched his No. 99 Red Cask Whisky Monday at a private tasting in Maple Leaf Square's LCBO in Toronto.

As with anything the hockey legend does, he's aiming to make his new beverage a game-changer, not just another celebrity-branded booze.

The release is a hat trick of sorts for high-profile rye launches following recent offerings from rapper Drake and the Trailer Park Boys. The Great One's new drink is priced at

\$34.95, midway between Li-quormen's Ol' Dirty Canadian Whisky from the Trailer Park Boys at \$29.95 and Drake's Virginia Black American Whiskey at \$39.95.

For a different twist on the Canadian classic, the spirit is finished in his winery's red wine casks, which give the whisky a pale amber hue.

And the same soils that produce the grapes for his wine in Niagara-on-the-Lake also grow the grains that are used to produce his signature blend. (Gretzky also produces wine in the Okanagan in B.C. and in Sonoma County, Calif.)

TORSTAR NEWS SERVICE

IN BRIEF

Jim Beam strikers complain of overwork

Striking Jim Beam workers picketed the world's largest bourbon producer Monday. They say the company's refusal to hire more full-time workers, and demand for Beam, has them putting in 60 to 80 hours a week to keep up. THE ASSOCIATED PRESS

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CELEBRATING NATIONAL OCCUPATIONAL THERAPY MONTH

October 2016

metroSPECIAL REPORT: OCCUPATIONAL THERAPY AWARENESS WEEK

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Helping people overcome challenges

PROFESSIONALS

Occupational therapy goes way beyond the workplace

Richard Woodbury

With its use of the word "occupation," occupational therapy may conjure up images of being something that solely involves the workplace. But that's not the case.

"The use of the term 'occupation' refers to everything that people do during the course of everyday life, or all the activities that occupy one's time," says a posting on the website of the Canadian Association of Occupational Therapists (CAOT).

Occupational therapists work with people of all ages and de-

velop solutions for a range of problems.

For children, it may be working to develop a plan to improve language skills. For an adult it might be helping them bounce back from a stroke, and for seniors, it might be making changes to their home to allow them to age in place.

Whether it's a personal or professional matter, occupational therapists work to help people overcome a particular challenge they are facing.

"If you are wanting to do something and you're not able to because of some circumstance or condition, an occupational therapist can help," said Carmel O'Keefe, president of the Nova Scotia Society of Occupational Therapists.

The challenge could be mental and/or physical.

"Often it's both because mind and body don't separate," said O'Keefe. October marks Occupational Therapy Month in Nova Scotia, which draws awareness

to the positive impact occupational therapists have on our society.

Occupational therapy is a client-centred profession that works with people to develop a plan to help them achieve their goals. As part of their work, occupational therapists do evaluations to determine what roadblocks stand in a client's way and what can be done to overcome them.

"When an injury, illness, or disability limits the ability to participate in occupations of life, an occupational therapist is trained to identify individual strengths and priorities, and to suggest modifications to improve function and participation in everyday tasks," says CAOT's website.

Often, occupational therapists are part of a team that help a client and other health professionals may be brought into the fold to assist, such as physiotherapists, chiropractors and psychologists.



Helping children improve language skill is one example of occupational therapy. ISTOCK

In Nova Scotia, occupational therapists must have a four-year occupational therapy degree or masters degree in occupational

therapy, as well as a minimum of 1,000 hours of fieldwork education to practice. The services of an occupational therapist

may be covered under one's provincial medical plan. One's private insurance may also include coverage.



Doing community work is part of the program at Dalhousie University's School of Occupational Therapy. UNIACKE CENTRE FOR COMMUNITY DEVELOPMENT

Important community involvement

As a client-centred profession, it's critical that occupational therapists get into the shoes of their clients to understand what they are facing and going through.

One of the ways this is ingrained in occupational therapists is through their education. Dalhousie University offers the only occupational therapy program in Atlantic Canada. Community partnerships are an important part of the program and students must do some part-time field work.

The school partners up with about 20 community organizations that don't have an occupational therapist and send the students there for a

day each week.

Debra Paris-Perry is with the Uniacke Centre for Community Development, a north-end Halifax group located at the corner of Uniacke and Gottingen streets. The centre helps youth and adults overcome barriers they face through a range of services, including providing drop-in space, a computer lab, assistance filling out forms, helping with housing-related issues, and providing referrals to legal aid and other agencies.

The organization has worked with students from Dalhousie's occupational therapy program.

"Every time, it's been a great experience," said Paris-Perry.

The students have helped put on the group's Friday community lunches, constructing and painting a mural, and worked with the youth that use the group's services.

"Whatever was asked of them, they did, plus they came with their own ideas, which was great," said Paris-Perry.

One of the things she said the students did was talk to youth about being university students. Paris-Perry said this helped the youth realize they had more in common with the students, and thus more open to the idea of attending university one day.

As well, the students acted as a trusted confidant to the

youth.

"They needed someone to talk to that didn't belong to the community that they felt there was a certain level of confidentiality with," said Paris-Perry.

She says that even once the students' work placements ended, the relationship didn't. They kept in touch and let Paris-Perry know about resources and programs they'd come across that might be of use to the Uniacke Centre for Community Development.

Paris-Perry hopes that another cohort of students come back soon.

"I have nothing but great things to say [about them]," she said. RICHARD WOODBURY

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Study finds occupational therapy reduces hospital readmissions

BANG FOR YOUR BUCK

Findings show important role practitioners play to improve health care

Richard Woodbury

Spending by the provincial government on health care is the largest expenditure it makes each year. This year, it accounts for about 40 per cent of spending (\$4.1 billion).

There's a lot of competing interests for where the money should go in the system to get the best bang for the buck.

A U.S. study published last month in Medical Care Research and Review offered some interesting insights into where health care dollars should be directed.

Using Medicare claims and cost report data, the study looked at hospital spending for specific services and 30-day readmission rates for three specific conditions: heart attacks, heart failure and pneumonia.

The researchers found the only spending category where additional spending resulted in a statistically significant number of lower readmission rates for the three conditions was on occupational therapy.

In a news release, the head of the American Occupational Therapy Association had praise for the research.

"The findings of this important study highlight just one of the many roles occupational therapy practitioners are playing in improving quality and reducing health care costs," said executive director Fred Somers.

The authors wrote that "occupational therapy places a unique and immediate focus on patients' functional and

social needs, which can be important drivers of readmission if left unaddressed."

The massive study looked at 19 spending categories – of which one was occupational therapy – and evaluated data from 1,595 hospitals for heart attacks, 2,791 hospitals for heart failure and 2,818 for pneumonia.

The researchers said occupational therapy was the one category that had a positive impact on "both the clinical and social determinants of health."

By investing in occupational therapy, it has the potential to improve patient care "without significantly increasing overall hospital spending," said the study.

The study said occupational therapists focus on whether a patient can be "discharged safely into her or his environment."

If the patient can't be discharged safely, occupational therapists address issues to

allow them to. These issues include physical barriers, daily functions and support networks.

Researchers cited six actions that occupational therapists do that could lower readmissions.

Some of the actions included determining what assistive devices could help patients safely perform their daily living activities (such as bathing, using the bathroom, getting dressed and making a meal), determining whether patients can safely live on their own or if they need nursing care or additional rehabilitation, as well as provide recommendations and training for caregivers.

+ COTNS

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The study says by investing in occupational therapy, it has the potential to improve patient care 'without significantly increasing overall hospital spending'. ISTOCK

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A diverse population of the student body means people bring a variety of experiences and perspectives to the table. ISTOCK

A profession rooted in diversity

Richard Woodbury

Diversity means many things for the masters of occupational therapy program at Dalhousie University.

For the 66 students admitted each year to the program, the progressive, affirmative action policy in place for admission to the program results in a student body that is diverse in ways including race, gender and disabilities.

Last year alone, 22 of the 66 students in the program fell under the affirmative action label.

"I think it has a huge amount of benefits," said Thane Borden, a second-year student.

He says that the diverse population of the student body means people think differently and with their different back-

grounds, they bring a variety of experiences and perspectives to the table.

The fact the student body is so diverse should mean that as students graduate and begin working, their makeup will better mirror that of society at large.

This should mean that occupational therapists will be a more common sight in all segments of society and allow the services of the profession to become more widely understood, embraced and used.

"The occupational therapy service can influence the health, well-being and occupational justice ... Occupational therapists understand the dynamic relationship between the person, occupation, and environment. Occupational therapists provide effective, compassionate, culturally safe and collaborative services," says a posting on the

website of the Canadian Association of Occupational Therapists.

Closely related to this is the idea of social inclusion, "a concept that aims to ensure that all people have access to the same rights, services and benefits as well as access to employment and work, income and economic resources, material resources, education and skills, health, housing, social resources, community resources, and personal safety," says another posting on the website.

"Social inclusion recognizes and values diversity, by focusing on people's sense of belonging and ensuring social equality and participation. Social inclusion can impact the delivery of national, regional and local programs and services to meet the needs of a diverse clientele."

The post adds that occupational therapists have the skills to remove these barriers to par-

ticipation.

"Occupational therapists strive to support individuals to realize their potential by

enabling them to participate in and contribute to society," it says.

Borden shares a similar line

of thinking.

"Not only will we advocate our services, we'll advocate with and for our clients," he said.

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Making the services more accessible

INCLUDING IN POLICIES

Next step is changes to insurance coverage

Richard Woodbury

Carmel O'Keefe was reading her email one day recently when something caught her eye. It was an email from her health insurance provider, Medavie Blue Cross, and it was announcing a change in her coverage. The email said occupational therapy was now covered under her health plan.

"That is fantastic for us," said the president of the Nova Scotia Society of Occupational Ther-

apists. She also teaches occupational therapy at Dalhousie University.

"Occupational therapists are increasingly being recognized for their ability to customize and enhance health care. Being included on Medavie's list of reimbursed services is testament to the value we provide."

O'Keefe doesn't need any convincing as to the benefits of occupational therapy and a growing body of scientific literature is backing that up.

"Occupational therapy interventions are cost effective and they can improve well-being and the quality of life of individuals throughout their lifetime. Whether it is supporting injured workers through return-to-work programs, older adults recovering from a stroke, or working in industry to develop ergonomic tools for the workplace, occupational therapists play an

important role in containing the rising costs of health care in Canada," says a posting on the website of the Canadian Association of Occupational Therapists.

In fact, an expansive American study released last month that looked at hospital spending on 19 services and 30-day readmission rates for people with three specific conditions — heart attacks, heart failure and pneumonia — found the only category where additional spending resulted in a statistically significant number of lower readmission rates was occupational therapy.

O'Keefe hopes the move by Medavie Blue Cross causes a chain reaction by other health insurance providers who change their policies to better compete with Medavie Blue Cross.

This is an important development because if occupation-

al therapy isn't covered by a health plan, it typically leaves individuals with a few ways of getting the service.

O'Keefe says one's family doctor can give them a referral to see an occupational therapist, who is usually located in a hospital, government-funded rehabilitation centre or home care program.

This may not be the speediest option, which is why some people seek treatment and pay for it out of pocket.

Unfortunately, paying out of pocket means some people choose not to take advantage of the service.

Between the recent findings of the American study and the Medavie Blue Cross change, O'Keefe thinks these are promising developments for occupational therapy.

"We're starting to pick up some momentum," she said.



Carmel O'Keefe is the president of the Nova Scotia Society of Occupational Therapists. CONTRIBUTED



Occupational therapists can be an invaluable resource as the Nova Scotia population ages. ISTOCK

ASSISTANCE

Helping seniors age in place

Much like the rest of Canada, Nova Scotia's population is aging. This changing demographic means there's going to be greater demand placed on the province's hospitals and nursing homes.

It doesn't have to be that way though. The good news is with some modifications and assistance, people can stay in their

homes longer, which is where they want to be.

This is something occupational therapists (OTs) can help with.

"OTs are very focused on making sure that people can do what they need to do in the course of their day, their activities and daily living, in a way that's safe and comfortable," said Christopher Morse, an occupational therapist who has spent his 22-year career primarily working with people over the age of 65.

He says occupational therapists will be an invaluable resource in our aging province.

This is because they can go into a person's home, assess it and observe people carry out their routine to determine what will need to be done to allow the person to age in place.

The safety of the home is one of the first things occupational therapists will look at.

"Are there any potential hazards we can do something about right away?" said Morse.

For example, occupational therapists will look to get rid of loose rugs, ensure there are no tripping hazards, as well as making sure there are grab bars so people can support themselves in different areas of the home.

This is in part to help prevent falls, which is the leading cause of injuries among Canadians over 65, says the Public Health Agency of Canada. It says that falls are the reason behind 85 per cent of the injury-related hospitalizations for seniors.

"Approximately half of all falls that lead to hospitaliza-

tion among seniors occur at home. The bathroom and stairs are particularly hazardous due to the risk of slipping, tripping and stumbling," says the Public Health Agency of Canada website.

Morse says occupational therapists can also help to create a home environment for seniors that more closely mimics the one they once had.

For example, he uses the example of someone who prefers taking baths to showers, but can no longer do that. Morse says one option is to add an electric bath lift, which is a seat that allows an individual to be lowered in and out of a tub.

"It allows them to return to something approaching what they used to have," he said.

RICHARD WOODBURY

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EMMA TEITEL ON DRESSED-UP PETS

What, you may ask, happens at the 'largest dog costume parade in the world?' If you answered that dogs wear costumes, you'd only be half right.

On Saturday, scores of otherwise ordinary people will descend on Manhattan's Tompkins Square Park, with their dogs in tow, for the annual Tompkins Square Halloween Dog Parade.

The event, sponsored by Purina Beggin' (the makers of the popular canine treat "Purina Beggin' Strips Bacon"), is, according to CNN, the "largest dog costume parade" in the entire world. (And here I assumed it was the only one. Silly me.)

What, you may ask, happens at the "largest dog costume parade in the world?" If you answered that dogs wear costumes, you'd only be half right. In fact, dogs and dog owners dress up in costume at the T.S.H.D.P., usually together, as a theme.

The winners of last year's event, to illustrate, were a man and a woman who staged a chilling Day of the Dead tableau with their chihuahuas.

Mind you, if I had judged the parade, I would have given first prize to my favourite contestant: a bulldog in blond wig and pearls, i.e., Marilyn Monroe.

As for the be-wigged lapdog dressed up as Caitlyn Jenner in a sultry white number eerily similar to the frock the real-life Jenner donned on the cover of Vanity Fair, I have no words. This may be because the dog's owner, meanwhile, wore a "USA" tracksuit and imitation gold medal. (Presumably, he was channelling the ghost of the pre-Caitlyn Jenner, Bruce.)

All this is to say, with a uni-

When we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

versal eye roll, that people love their dogs (and possibly their pets in general) a lot. So much so, it turns out, that in exhibiting their love for their dogs,



WHAT'S THIS SUPPOSED TO MEAN? Treating our pets as extensions of ourselves might not be a great idea.

TORSTAR NEWS SERVICE

they tend to sacrifice their dignity in the process and as some of the scenarios above suggest, the dignity of their animals, too.

Until recently, I would have considered this sacrifice of dignity to be all in good fun. Notwithstanding the questionable Caitlyn Jenner lapdog getup, the whole Tompkins Square Halloween Dog Parade would have registered as a perfect example of a dignity-defying, weirdly healthy good time. Even the matchy-matchiness of the whole dog-owner pairings would have given me a good laugh, not unlike the laugh so many people got when Fido the phone company ran their now world-famous ad campaign in the late 1990s featuring dogs and owners who happened to look exactly like each other.

But there's a difference

between the Fido ad animal/human likenesses and the Halloween dog parade likenesses: the first were happy accidents; the latter are calculated

constructs. The former were coincidental; the latter are intentional. And the culprits behind the intent are we, the human half of the pair, the animal-owners. I say "we" advisedly. I am about to realize a lifelong ambition and become a dog-owner myself. And my impending ownership — a kind of parenthood — has me thinking that seeing our pets as extensions of ourselves may not be such a terrific idea after all.

The negative effects of this particular brand of anthropomorphism ("ascribing human qualities to animals") are already there if you look for them. In an article last month titled "Is Your Dog's Halloween Costume Sexist?" the Washington Post noted, tongue-in-cheek, that while retailers had finally started to abandon gender bias in Halloween

costumes for young human girls, pet outlets like PetSmart or Baxterboo.com are still apparently gender-rigid in their Halloween togs, hyping certain costumes for male dogs (firefighter and police officer) and others for females (sweetheart nurse or French maid). That this was a ludicrous thing to be outraged by (something the right-wing site Breitbart pointed out, not getting the tongue-in-cheek part) was obvious, but it hid a kernel of truth: It's easy to overlook the indignity of dressing up your Scottish terrier as an extension of yourself for Halloween, but when we start extending our gender biases to pets, too, it starts feeling kind of creepy. Really, French maid dogs?

Other effects of human-to-dog extension are more substantially questionable. Just this past week, CBC news reported that between 40 and 50 per cent of all owned pets in Canada are overweight. The percentage of Canadian people over the age of 18 who are overweight? Between 40 and 50 per cent. Not only does Rover's face resemble ours these days, it seems; so does his spare tire.

And Australian cities have been experiencing a minor epidemic of abandoned pets in the recent past, at least partly the result of foreign students studying in Australia who neglect to take their dogs with them when they return home. These dogs aren't feral, just homeless, but to be homeless, you have to initially be given a home to lose. And who gives pets homes? Us.

So, I hereby make a pledge: I will do everything in my power not to make my dog homeless. And I will do everything I cannot to make him obese. But when it comes to Halloween, I make no promises. Tompkins Square Dog Parade, here I come.

Emma Teitel is a national columnist for the Toronto Star.



HALIFAX VOTES 2016

Lessons from '16 and modest proposals for '20

HALIFAX MATTERS

Stephen Kimber



Now what?

With this year's municipal elections history, the question becomes what should our new-old council do first?

Answering that question is complicated by the reality our mayor and councillors are elected individually and independently. We don't have political parties at the local level, either traditional or uniquely municipal parties.

While that can be positive — councillors don't have to toe a party line, so they can better reflect their constituents — it can also be negative. Candidates don't run on a shared platform they can implement, or be held to account for, and the lack of party organizations make it more difficult to get out the vote on election day.

That said, there were some interesting collective public pronouncements by some candidates in this race — ranging from calls for term limits for councillors, to the startling joint decision by 17 candidates in nine constituencies not to speak to Chronicle Herald reporters during the strike.

Between now and the next election, would-be candidates should at least consider running on a collaborative platform on key issues.

With that next election four years away, however, it is time council initiated some immediate democratic

reform measures, starting with:

- Setting limits on the amounts individuals or corporations can contribute to election campaigns

- Making sure information on those donations is released before the next election

- Most important — banning all donations by developers.

We won't know for a while who took how much from developers in this election, but we do know, thanks to a 2015 CBC News investigation, developers contributed an average of 30 per cent — in one case more than 70 per cent — of funds candidates raised last time around.

Last week, the Willow Tree Group, a neighbourhood lobby organization, issued a news release showing how councillors had voted on three controversial "discretionary" applications to change existing rules to favour — and enrich — developers.

Councillors who accepted developer donations "consistently" voted to amend existing rules.

So the new council should begin by ending all contributions from developers.

And, given the reality many civic-minded — not to mention more-diverse-than-your-average-successful — candidates did not win on Saturday, the new council should find ways to encourage them to continue to participate in municipal politics through boards and commissions, etc.

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The scariest part of dating



RELATIONSHIPS

Everyone in the modern dating era is afraid of ghosts

Sofi Papamarko
For Torstar News Service

You may not believe in ghosts, but they assuredly walk among us.

The ghosts I'm talking about don't trudge around the attic in heavy chains or send your grandmother's fine bone china flying across the room, however. These ghosts are a little more ordinary. You've probably even encountered one. The dating world is full of ghosts.

Ghosting is the scarily common dating practice where the person you're seeing disappears from your life without warning or explanation. They simply stop responding to your calls, texts and emails.

One day, you're sharing a root beer float and petting cute dogs in the park. The next day, poof! They're gone. Vanished, like a ghost.

A few months ago, social media expert Terra Loire, 26, met someone on dating app Tinder. Everything was great, at first.

"We went out a few times — just casual dates like brunch and drinks. (We talked) about life and bonded over our cats. He would text me all the time and was very thoughtful. He drove



Social media specialist Terra Loire in Toronto has been a dating ghostee, where the other person just disappears or fades away. TORSTAR NEWS SERVICE

the emotional part of the relationship by being very forward with his feelings for me, which I appreciated."

After a few weeks of schedules not aligning, they finally agreed on another date. He cancelled the day of, stating he was "tired." He was genuinely apologetic and promised to set up a date for the following week. She never heard from him again.

"Ghosting is frustrating," Loire says. "Especially when I work very hard to be honest and allow the other person opportunities to express their interest or disinterest in healthy ways. That should eliminate the need to ghost in

the first place."

Ghosting is a cowardly and disrespectful move, to be sure, but in a world where we're accustomed to ending relationships with the literal push of a button (defriending, unfollowing, blocking), it makes sense. Ghosting is an easy and non-confrontational way to get out of something that's not working for you.

For the ghostee, it can be confusing, enraging and can even instill actual panic — did something happen to this person? Were they in an accident? Are they OK?

A friend recently asked me to check up on another friend of

mine on social media to ensure he wasn't dead. He had told her he would call her soon to plan another date and she never heard from him again. According to recent Facebook photos of him drinking with friends, he was alive and well. He had simply ghosted.

Playwright Graham Isador, 27, has been both ghoster and ghostee.

After meeting an interesting and beautiful woman in another city, they kept in touch. It became clear to Isador after a return visit that they had very different expectations of the relationship.

Back in Toronto, he took longer to respond to her texts and was always "busy" when the phone rang. "I didn't handle that thing well," Isador admits. "I avoided conflict. I let things drift in that 'what happened' scenario that is intensely frustrating. When you don't know what happened, it's hard to get closure."

"I was trying to think of a comparison and the best thing I came up with is: pulling the band-aid off. Pulling it off quickly is going to hurt a bit. But if the alternative is leaving it on until the band-aid grows gross and dirty and eventually falls off on its own? It's pretty clear what to choose. I owe that girl an apology, but I think it is too late to get in touch now."

Isador likely won't make the same mistake twice, considering what followed.

"The next girl I got involved with ended up ghosting on me. So, you know, enjoy the schadenfreude."



JOHANNA SCHNELLER WHAT I'M WATCHING

SNL celebrates women turning the tide

THE SHOW: Saturday Night Live, Oct. 15 (NBC/Global/YouTube)

THE MOMENT: "Melanianade"

In a dead-on, black-and-white spoof of Beyoncé's *Sorry* video (from *Lemonade*), the women of SNL portray Donald Trump's female posse: wife Melania (Cecily Strong), daughters Ivanka (Emily Blunt) and Tiffany (Vanessa Bayer), campaign manager Kellyanne Conway (Kate Mc-

Kinnon), and Apprentice star Omarosa (Sasheer Zamata).

Decked out in hair extensions, leotards, furs, fishnets and French manicures, they ride in a limo, recline in Trump Tower-like rooms, and take a baseball bat to a TV screen bearing Trump's face (Alec Baldwin), while singing lines like, "I'm tired of thinking 'bout you" and "Watch out, we're about to walk out."

"Without us you wouldn't be standing there/You'd just

be that guy with the weird hair," Melania sings, then adds, "I wrote that all by myself."

The others roll their eyes. SNL always ups its game in elections, and this year they have an embarrassment of riches.

But this video is satire at its pinnacle. It combines an astute observation (The women in Trump's life act as a Fembot army to defend and humanize him) with a

still-breaking news story (allegations of Trump's sexual abuse of women) and a cultural touchstone about another wronged woman (*Lemonade*) to point to the truth about this campaign: It's about women.

Abused women are speaking up and turning the tide. Women will decide this election. A woman could (will!) lead the U.S., and by extension, the world.

And SNL has the female



In satire at its finest, the women of SNL portrayed Donald Trump's female posse in a spoof of Beyoncé's *Sorry* video (from *Lemonade*). CONTRIBUTED

cast, arguably its best ever, to make comedy that is pointed, necessary and certain to be legendary.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Improv key in mockumentary: Lynch

MASCOTS

Christopher Guest brings back regulars for furry flick

Consider comic actress Jane Lynch a weekend warrior.

The former *Glee* star says she logged scenes for the new Christopher Guest mockumentary *Mascots* on the weekends, in the same way she shoots her hosting gig on *Hollywood Game Night*.

It was because she was also working on her short-lived sitcom *Angel From Hell* at the time, and much of the rest of the sprawling *Mascots* cast similarly had competing jobs.

Perhaps that's why it took 10 years for writer-director Guest to again assemble his regular collaborators — including Lynch, Bob Balaban, Jennifer Coolidge, Parker Posey and Fred Willard — who also featured in the farces *A Mighty Wind*, *Best in Show* and most recently, *For Your Consideration*.

"I have no idea," Lynch says during a whirlwind stop to pre-



Bob Balaban, Ed Begley Jr., Jane Lynch and Michael Hitchcock in a scene from *Mascots*, which premiered Thursday on Netflix.

SCOTT GARFIELD/NETFLIX VIA AP

view the film at the Toronto International Film Festival last month.

"That's always Chris's call. Every time we do a movie, he's always said at the end, 'Ah, that's it, I'm done. I'm not going to do it again.' And then two or three years later you'd hear from him. But we went 10

years this time. So I thought it was really over. I'm very happy we did another one."

In *Mascots*, which premiered Thursday on Netflix, the action centres on the outlandish world of sports mascots, a surprisingly competitive arena of sweaty fur suits and giant wobbling heads.

You can't improvise if you haven't made up your mind about who the character is.
Jane Lynch

Guest trains his lens on a series of top mascots from around the world as they prepare to compete for the World Mascot

Association's prestigious top honour — the Golden Fluffy.

Guest himself pops up as Corky St. Clair, the flamboy-

ant small-town theatre director from 1997's *Waiting for Guffman*.

Lynch plays Gabby Monkhous, whose alter ego Minnie the Moose was lead cheerleader for a junior college baseball team. Gabby has retired from the sport, but remains in the spotlight thanks to a bestselling inspirational book and a regular gig judging the high-profile championship.

Guest and longtime collaborator Jim Piddock provided the cast with a detailed outline of the story and characters — but no dialogue, says Lynch.

It's always risky to improvise dialogue, says Lynch, who adds that she and co-star Ed Begley Jr. did not speak before shooting their scenes.

For Lynch, preparation was key.

"The great thing about these movies is there's no obligation to get to the point. (Guest) really wants you to linger and don't feel obliged to talk or make anything happen. Just be firmly rooted in your character, so that's why our work is done before we even start shooting," says the veteran comic.

THE CANADIAN PRESS

metro

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FAMILY

Things you can't say to a pregnant woman

You waddle. You're so big. You're not big enough.

The list of rude comments people have made to Ashley Greer during her three pregnancies is long. "Never ever comment on (a pregnant woman's) size," says the Stoney Creek, Ont., resident, who's expecting her son Wyatt within weeks.

But when it comes to pregnancy etiquette, pointing out someone's size is just the tip of the rudeness iceberg.

"Pregnancy isn't easy," says etiquette and protocol consultant Lisa Orr. "It's an important task women play in society. As a community, we owe it to ourselves and these women to give them a little extra kindness."

With so many women facing this stuff, it's time for a reality check. We asked etiquette gurus — including Orr, Louise Fox, owner of the Etiquette Ladies, and Torstar's etiquette expert Karen Cleveland — for their advice on the dos and don'ts of pregnancy politeness.

Don'ts

- Don't touch her belly. It might be tempting to reach out and rub a pregnant woman's belly, but this rule is simple: Don't do it. "Any kind of uninvited touching is inappropriate, whether it's your best friend or some stranger," says Fox.

- Don't offer unsolicited advice. "Don't tell her how amazing or awful your birth was. Or whether

she should have a midwife, a doula, be in a hospital or go hug a tree," says Cleveland. "Truly: it's not your business."

- Don't comment on her size. Whether it's her body size or the shape of her baby bump, just zip your lips, according to Orr. "It's going to land in a negative way, and you're making a lot of judgments."

- Don't ask when she's due. One of the biggest mistakes you can make is asking someone's due date, says Fox. "But maybe they're not due," she says. "Maybe they're just a large person, or they put on weight, or they already had the baby."

Dos

- Do give up your seat. Offering pregnant women a seat on public transit is both a polite gesture and a bylaw, says etiquette and protocol consultant Lisa Orr. And that means speaking up and encouraging people to do the same.

- Do offer to help. If someone close to you says they're having a baby, offer to help, be it giving them a ride if needed or baby-sitting when the bundle of joy arrives, suggests Fox.

- Do take cues from the mom. If you're not sure what to say, keep it simple. "(Tell) the beautiful mom-to-be how awesome she looks and wish her the best of luck."

TORSTAR NEWS SERVICE



Ashley Greer says commenting on an expectant mother's size is a big no-no. TORSTAR NEWS SERVICE

'Big Food Inc.' latest target for celeb chefs

HEALTH

Tapping into millennial distrust of the food system

Melita Kuburas
Metro | Canada



Even professional chefs are sometimes baffled by our food production and distribution system.

"Why is a banana cheaper than an apple?" wonders Chuck Hughes, owner of Garde Manger and Le Bremner restaurants in Old Montreal, in an interview about his visit to a family-run canola farm in Saskatchewan this summer.

"An apple comes from my backyard and a banana doesn't. There's all these questions I don't necessarily have the answers for," adds Hughes, who this year has focused on sustainability through side projects like running a kitchen at Osheaga music festival where the theme was "buy less, waste less" and rock stars were served food in compostable containers.

Home cooks pushing a cart through aisles of their local grocery store can likely relate to Hughes' confusion, as despite having more information than ever about our nutrition and the eco-footprint of the food system, it's also more difficult to cut through the crap.

A study this past spring by the Canadian Centre for Food Integrity found 22 per cent of millennials said they thought the Canadian food system was headed down the "wrong track" when it comes to food safety, nutrition, the environment and animal welfare. This cohort had the highest distrust of the food industry compared to other demographics.

An Ipsos poll from January declared a new breed of decision-makers was emerging, the "young educated millennial moms" who have more spending power and want to buy fewer processed foods. One in four Canadians was motivated to buy a food or beverage with simpler and fewer ingredients, double that of a year ago, according to the poll.

Hughes suggests consumers take brands to task if they aren't following sustainability or nutritional guidelines in their ingredients list by writing to the companies and voting with their wallet. He also recommends tak-



Chef Chuck Hughes visited a Saskatchewan canola farm to learn more about where food comes from. CONTRIBUTED



Chef Michael Smith's new cookbook, *Real Food, Real Good*, is a back-to-basics takedown of what he calls 'Big Food Inc.' TORSTAR

ing an occasional trip to a farm, like he did with Hellmann's to a canola field with "yellow flowers as far as the eye can see." Those flowers are edible, as are their seeds (similar to mustard seeds), he learned, while playing a seed matching game with local children.

"We got to really see the whole process," he says.

A back-to-basics theme is also evident in *Real Food, Real Good*, a book by Chopped Canada judge Michael Smith released last month. He says the topic has been a long time coming. "It really dates back 14 years when my son was born and I had a real epiphany about my true understanding of food," he says. "I find myself at a point in my life where I've just lost patience. I've lost tolerance for beating around the bush. We have a flawed food system."

The cookbook outlines ingredients to avoid, calling out marketing buzzwords like "natural" and "free-range," and warns shoppers to be aware of "fabricated flavours" such as that of sugary breakfast cereals, margarine and bacon bits, for example.

Smith says his aim with the book is twofold: Show amateur cooks who now have a bit of momentum that great cooking doesn't have to be complicated, and to call out what he refers to as "Big Food Inc." for promoting unhealthy eating habits.

"Big Food Inc. is this horrendously pervasive idea that we have in this culture that processed food is actually an OK option, whether it's now and then or every single day. It's not OK," he says.

To really hear Smith's passion come through, just mention cauliflower.

Last year the vegetable made front-page news (including in this newspaper) when prices rose to \$8 a head thanks to a low dollar and a drought in California that affected supply.

"It shouldn't have been covered," shouts Smith. "It's ridiculous bull—. It wasn't a story. Big freakin' deal, cauliflower is expensive in the middle of winter. Really? What, is it a slow news week?"

What is upsetting to him is the promotion of the idea that healthy food is expensive.

"Food is less expensive now than ever before in the history of mankind. We spend less money on food than any culture in the history of the world, and yet we have food media and mainstream media that allows this pervasive belief that food is expensive. They are doing a disservice to Canadians."

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Bruno Mars
24K Magic
- 5 Tory Lanez
Luv
- 4 Calvin Harris
The Way
- 3 DJ Snake ft Justin Bieber
Let Me Love You
- 2 Twenty One Pilots
Heathens
- 1 The Weeknd ft. Daft Punk
Starboy



WEEKDAY MORNINGS
AT 7:47

metr SPORTS

Anthony Rizzo and Addison Russell, the Cubs duo that totalled 204 regular-season RBIs, are a combined 2 for 45 through six playoff games

Avs hand Pens loss No. 1

NHL

MacKinnon and Co. top Crosby-less champions

Jared Bednar's streak is just chugging along.

Gabriel Landeskog redirected a shot by Nathan MacKinnon past Marc-Andre Fleury 22 seconds into overtime to lift the Colorado Avalanche and Bednar, their first-year coach, by the Pittsburgh Penguins 4-3 on Monday night.

Landeskog tied the game with 6:32 left in regulation with a power-play goal and his second of the night handed the defending Stanley Cup champions their first loss of the season.

"It was a lucky bounce in overtime," Landeskog said. "I think I just took a swing at it."

The Avalanche remain unbeaten since Bednar replaced Patrick Roy in August. They won all six of their exhibitions and improved to 2-0 in the regular season, though Bednar's own personal winning streak stretches back even further.

The Bednar-led AHL's Lake Erie Monsters ripped off nine consecutive victories last spring on their way to the league's Calder Cup title, meaning Bednar has walked into the postgame dressing room victorious 17

straight times.

Not that he's counting.

"I didn't think we had our best stuff tonight, that's for sure," Bednar said. "I think they outplayed us for the bulk of the game, but we found a way to create enough chances to kind of fight back after a slow start."

Jarome Iginla and Patrick Wiercioch also scored for the Avalanche, who never led until Landeskog's game-winner. MacKinnon had two assists and Calvin Pickard stopped 28 shots for Colorado.

"We've played two very tight games against two good teams to start us off and being down 2-0 against Dallas in the first game and against Pitts-

burgh here in Pittsburgh tonight, it's not an easy hole to climb out of," Pickard said. "But we didn't worry about that."

Matt Cullen had a goal and an assist for the Penguins while Phil Kessel and Trevor Daley also scored. Fleury made 27 saves but the Penguins failed to become the first reigning Cup winner since the 1997-98 Detroit Red Wings to start a season 3-0.

"It was just a weird game," Cullen said. "There were a lot of ups and downs. Regardless of how you put it we had the game in control with 7 or 8 minutes left. We're better than we played tonight."

THE ASSOCIATED PRESS

MONDAY In Pittsburgh

4

AVS

3

PENGUINS



Cole Harbour's Nathan MacKinnon had two assists in Colorado's win in Pittsburgh.

GREGORY SHAMUS/GETTY IMAGES

NHL

Great One lauds ace McDavid

When watching Connor McDavid play for the Edmonton Oilers, Wayne Gretzky gets the urge to don his No. 99 again. "I could get 60 goals playing with that guy," the Great One said. "I'm truly amazed at how good he is."

Admiration runs deep from the NHL's all-time leading scorer when it comes to McDavid. Gretzky believes his fellow prodigy has all the tools for a truly special career, mentioning his name in the same breath as Mario Lemieux, Gordie Howe, Guy Lafleur, and of course, Sidney Crosby, who he said remains the best in the game today.

"But I don't think there's any question that Connor's the best 19-year-old hockey player I've ever seen and I saw (Mark) Messier, I saw Lemieux, I saw Lafleur," Gretzky said Monday in an interview to promote his new book, 99: Stories of the Game. "This kid is special."

Now, Gretzky continued, it's up to McDavid, who was recently named Oilers captain, to live up to the potential. Gretzky, a former Oilers captain himself, noted how Crosby delivered on the hype by winning not only individual awards, but Stanley Cups for the Pittsburgh Penguins.

"The Lemieuxs, the LaFleurs, and the (Mike) Bossys, those guys did it, they accomplished it, they became Hall of Famers," Gretzky said. "(Is McDavid) on the right track? Absolutely. And has he got an opportunity to do some real special things? One hundred per cent. Has he got his head screwed on properly? One hundred per cent. He's in the right organization (and) the city will take care of him. It's a wonderful city for him to play in."

THE CANADIAN PRESS

IN BRIEF

Price to miss Canadiens opener at Bell Centre

The Montreal Canadiens will have to wait at least one more game before goalie Carey Price makes his season debut.

Coach Michel Therrien said Monday that Price will miss the Canadiens' home opener, as he still needs to regain weight and energy after missing the opening two games with a virus.

Al Montoya will make a third straight start Tuesday night against the Pittsburgh Penguins. THE CANADIAN PRESS

MMA

UFC hesitate as GSP says he is free agent

Former UFC welterweight champion Georges St-Pierre says he is no longer under contract with the UFC and is a free agent. The Montreal fighter, 35, who has been on hiatus since 2013, is keen to return to action.

St-Pierre said Monday that his team had been in negotiations with the UFC since February, with talks eventually focusing on the UFC show in Toronto on Dec. 10.

The fighter said both sides were close to an agreement before the UFC was sold. He wait-

ed weeks before hearing the offer was off the table. St-Pierre gave the UFC a deadline to give him a fight.

On the day of the deadline, he got a tentative offer to fight former champion Robbie Lawler, who is currently nursing an injury. St-Pierre told the MMA Hour that his lawyer told him the next day he was a free agent. THE CANADIAN PRESS



George St. Pierre
GETTY IMAGES

THREE STARS

Edmonton's Connor McDavid, Toronto rookie forward Auston Matthews and Florida goaltender Roberto Luongo have been named the three stars for the opening week of the NHL season.

McDavid took first-star honours after scoring twice and adding an assist in the Oilers' first two games.

THE CANADIAN PRESS



ALCS JAYS UP AGAINST WALL IN GAME 3 Right-fielder Jose Bautista misplays an RBI double in the first inning of Game 3 of the ALCS on Monday night in Toronto. The Jays fell 4-2 and face a do-or-die Game 4 Tuesday. TOM SZCZERBOWSKI/GETTY IMAGES

United keep hot Reds at bay

EPL

De Gea stars for Mourinho's men in dull draw at Anfield

Manchester United blunted Liverpool's prolific attack as England's two most illustrious teams toughed out a 0-0 draw in the Premier League on Monday.

United manager Jose Mourinho's tactics of containment worked well at Anfield, with Liverpool failing to score in a home league game for the first time in exactly 10 months. United was the opponent then, too, but under Louis van Gaal.

When Liverpool's players did break free of United's fierce pressing, they found David de Gea in fine form, with the Spain goalkeeper producing excellent saves to deny Emre Can and Philippe Coutinho in the second half.

Liverpool started the league's eighth round of games with the joint-most goals of any team and had scored nine times in its two home matches so far. The hosts improved in the second



David De Gea of Manchester United saves from Emre Can of Liverpool during the Premier League match between Liverpool and Manchester United at Anfield. CLIVE BRUNSKILL/GETTY IMAGES

half, especially after fit-again midfielder Adam Lallana came on as a substitute, but were never going to get the three-goal victory that would have put them top.

United stayed in seventh place, five points off the lead.

What is often regarded as the biggest fixture in English

soccer failed to live up to its billing and much of that was down to Mourinho.

His United team has been accused of lacking intensity this season compared to its likely title rivals but his players discovered their energy here, harassing Liverpool into mistakes in an error-strewn first half that

featured no clear-cut chances. Holding midfielder Ander Herrera was particularly effective.

Referee Anthony Taylor played a central role in a niggly half, somehow holding off from brandishing a yellow card until the 43rd minute after a series of fouls from both teams. Zlatan Ibrahimovic left the field

MONDAY in Liverpool



at halftime wagging his finger at Taylor, with the only two bookings falling to United players — Eric Bailly and Ashley Young.

Liverpool's two shots represented its joint-lowest total in the first half of a Premier League home game. For Mourinho, it was job half done.

Ibrahimovic had the first real chance of the game, directing his header across the face of goal instead of at goal in the 54th.

After that, Liverpool was on top. De Gea went down low to his right to palm aside Can's left-foot shot and produced the moment of the match by clawing away Coutinho's curling shot from 30 metres in the 71st.

Wayne Rooney started on the bench for United for the third straight game. He came on in the 77th minute, but had little effect.

THE ASSOCIATED PRESS

IN BRIEF

Hopkins set to end career at 51 with final fight

Bernard Hopkins plans to end his three-decade boxing career on Dec. 17 with a light heavyweight bout against Joe Smith Jr.

The 51-year-old Hopkins announced his plan Monday for a final fight at the Forum in Inglewood, California. Hopkins (55-7-2, 32 KOs) hasn't fought since November 2014, when Sergey Kovalev took his two light heavyweight title belts with a one-sided decision.

THE ASSOCIATED PRESS

Kyrgios banned for conduct

Nick Kyrgios will miss the rest of the season after being banned and fined by the men's tour on Monday for "tanking" a match and insulting fans in the mercurial Australian's latest run-in with tennis authorities.

The ATP said Kyrgios was sanctioned for "conduct contrary to the integrity of the game" following an investigation into his behaviour during a second-round loss at the Shanghai Masters.

THE ASSOCIATED PRESS

Injured Roethlisberger set to miss Patriots test

The cartilage in Ben Roethlisberger's aching left knee is repaired.

And while the Pittsburgh Steelers are optimistic their franchise quarterback will return sooner rather than later after tweaking the knee during Sunday's loss in Miami, the odds of Roethlisberger being ready for a visit from the New England Patriots is remote.

Roethlisberger was rested at home Monday after undergoing arthroscopic surgery.

THE ASSOCIATED PRESS

Striker Neymar to extend stay at Barcelona until 2021

Neymar will sign a three-year contract extension with Barcelona on Friday, a deal that will keep the Brazil forward with the Spanish club until 2021.

Barcelona and Neymar had made the announcement of the agreement in July. The previous contract was to end in 2018. The new deal will run through June 2021, Barcelona said Monday.

The club's announcement in July ended speculation that Neymar was unhappy in Spain and was looking to move to another club. Paris Saint-Germain was among the clubs reportedly trying to sign him.

THE ASSOCIATED PRESS

SMU HUSKIES

Men's Hockey

Wed., Oct 19 vs. Acadia
7pm at Halifax Forum

Soccer

Sat., Oct 22 vs. CBU
Women 1pm & Men 3:15pm

Women's Hockey

HOME OPENER

Sat., Oct 22 vs. UPEI, 7pm

www.smuhuskies.ca Follow us @ SMUhuskies

CURLING

Broom talk dominates ahead of new season

The start of this curling season is an attempt to stuff the sweeping genie back in the bottle. Elite curlers now have the same fabric — an "ugly mustard yellow" as skip Brad Gushue describes it — in their broomheads.

All sweeping hell broke loose at curling's highest levels last winter when super-coated brush fabric allowed curlers to manipulate the trajectory of a stone in ways never seen before.

Accurate shot-making took a back seat to steering stones down the ice with "Frankenbrooms." There were fears the abrasive fabric in brooms damaged the ice. Confusion over what should be allowed and what shouldn't



Newfoundland skip Brad Gushue tested the new brooms. ADRIAN WYLD/THE CANADIAN PRESS

caused bad blood between teams.

New rules imposed by the World Curling Federation on Sept. 10 came out of May's sweeping summit in Kemptonville, Ont. Gushue was one of the curlers involved in testing overseen by the National Research Council. The new rules apply to WCF events, and by extension, competition sanctioned by Curling Canada.

The most visible change this fall on the World Curling Tour is all broomheads used for sweeping have the same colour and type of fabric produced from a single source. "It's just to make sure no brush has an advantage over another one," Edmonton skip Val Sweeting said.

THE CANADIAN PRESS

+ MORE CHANGES

- Each curler on a team declares his or her WCF-approved sweeping device at the beginning of the game and must use it for sweeping.
- No changing of brushheads during a game is allowed without an umpire's permission.
- If an alternate player enters the game, the sub uses the broom of the person being replaced.

RECIPE Roasted Cauliflower Tacos



PHOTO: MAYA VISNTEI

Ceri Marsh & Laura Keogh
For Metro Canada

Crunch, spice and snap make these cauliflower tacos a delicious and easy answer to a weeknight dinner.

Ready in 30 minutes

Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients

- 1 head cauliflower
- 2 Tbsp olive oil
- 1 1/2 cup panko or breadcrumbs
- 1 tsp chili powder
- 1/2 tsp cumin
- salt and pepper
- 1 avocado
- 1/4 cup sour cream
- 1 lime, juiced
- salt and pepper
- 6 to 8 tortillas
- extras like crumbled queso or feta cheese, cabbage slaw

Directions

1. Chop cauliflower into small florets. In a large bowl, toss with olive oil.

2. On a large, flat plate mix panko, spices and a bit of salt and pepper together. Toss florets in the panko mix until coated. Spread evenly on a baking sheet and pop in the oven for 25 to 30 minutes, until the cauliflower is golden and tender.

3. Meanwhile, combine avocado with sour cream and lime juice. Mash with fork and combine until you have a smooth consistency. Taste and add salt and pepper.

4. Prep all of your extras and warm up the tortillas. Spread a good dollop of avocado on each tortilla. Place a handful of the baked cauliflower on top, then load on your toppings.

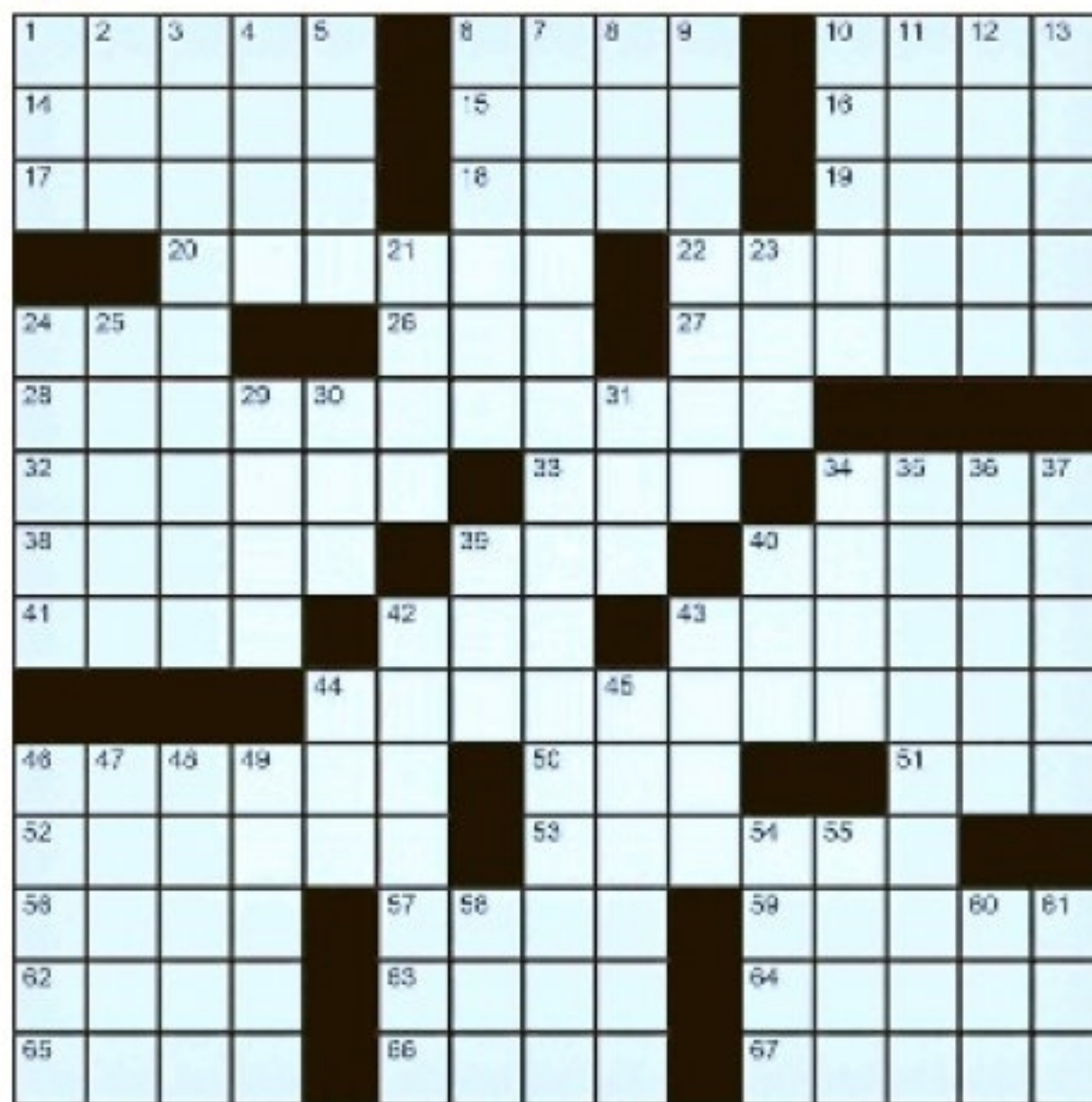
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Montreal borough
6. Takes to the stage in a way
10. Taxis
14. The other 'Stooge'
15. _ of paint
16. Friendly nation
17. As, in code
18. Tip-top
19. Tartan-wearing bunch
20. French composer Cesar
22. Floating, as lily pads on the water's surface
24. Highest playing card
26. I + II's sum
27. Settle the deal
28. Montreal-based hair care company
32. Guarantee
33. 4 qts.
34. Commissioner Gordon's li'l force
38. Author's idea
39. Diving bird
40. Cow, when making its familiar cow noise
41. Without
42. Fragment
43. Incumbency
44. Stand-up/improv/sketch venue in downtown Montreal
46. 1984 Kim Mitchell album: ' _ Alago'
50. Frostiness
51. Mr. Cobb, and others
52. Reveal the im-



poster's identity
53. Unwavering
56. Spaces
57. Give off
59. Like Romaine lettuce
62. Pre-day nights
63. Court plea, _
64. Country icon

Mr. Haggard
65. Depend on
66. Univ. treatise
67. Supplement: 2 wds.

DOWN

1. Snug _ _ bug
2. Vancouver Canucks org.
3. Big avenue in Winnipeg
4. Mr. Epps
5. _ -daisy!
6. Giraffes like munching on

this tree
7. Spatulas and tongs: 2 wds.
8. Beige
9. Painter's pattern producer
10. Some succulents
11. 'A' of E.A.P.
12. Cartoons voicer Mel

13. New Wave instr.
21. Gracious
23. " _ in the Family"
24. Accumulate
25. _ del Sol (Region of Spain)
29. Bear: French
30. Weep
31. Home's railing wood
34. " _ _ further." (Don't take another step)
35. Palace's posh 'patio' place
36. Upbeat/cheerful
37. Put on an outfit
39. Direct
40. Kitten cry
42. Library shelf support
43. Kind
44. Radio types, e.g.
45. " _ and " _"
46. Drilled-hole maker
47. Between 10-and-a-Queen fellow
48. Press onward
49. Big amount-ish
54. Soprano Ms. Gluck
55. Good gesture
58. Me: French
60. "Alice" waitress
61. Pine

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are ambitious today! Whatever you want, you will do anything within your power to get. (Everyone else better step aside!)

Taurus April 21 - May 21
Avoid controversial subjects like politics, religion and racial issues today, because they will quickly degenerate into a nasty argument. People are intense and ruthless today!

Gemini May 22 - June 21
Disputes about shared property and inheritances might be problematic today. Neither party will budge. Caution: You might increase opposition to yourself.

Cancer June 22 - July 23
Be patient with partners and close friends today in order to avoid a conflict. This is the kind of day where people are just downright pushy.

Leo July 24 - Aug. 23
You are prepared to work hard today to get what you want. Nothing will stand in your way, because you will plow ahead regardless of what you encounter. Do not alienate co-workers.

Virgo Aug. 24 - Sept. 23
Romance is passionate today. However, it also can be a bit thoughtless and insensitive. Don't accept treatment that makes you feel bad. You don't deserve this.

Libra Sept. 24 - Oct. 23
To avoid family conflicts today, use your energy to fix up where you live. Make improvements. You especially can make a positive difference in laundry areas and bathrooms.

Scorpio Oct. 24 - Nov. 22
This is a powerful day for those who sell, market, teach, act or write because not only are you persuasive, you are impossible to resist. You will say what you mean and mean what you say!

Sagittarius Nov. 23 - Dec. 21
Disputes about money and possessions are likely today. Try to avoid these if you can, because they will be nasty. Go gently.

Capricorn Dec. 22 - Jan. 20
Take a realistic look in the mirror and ask yourself what you can do to improve your appearance. After all, you never get a second chance to make a first impression.

Aquarius Jan. 21 - Feb. 19
You might be in conflict with a friend today or a member of a group because you don't agree with how things are going. If you are outnumbered, take a step backward.

Pisces Feb. 20 - March 20
You can use today's energy by working quietly with great purpose behind the scenes, or by working alone. Do not get caught up in the drama of others.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



metro

Tell us how you really feel.

Join our online reader panel and help make your Metro even better.
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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"The company has come a long way in a short time." – New York Daily News



2016
SOUL LX AT

Soul SX
Luxury shown*

LEASE FROM
\$39 WEEKLY* AT 0.9% APR FOR 60 MONTHS* \$750 DOWN INCLUDES \$750 TOP QUALITY BONUS*

AVAILABLE FEATURES: PANORAMIC SUNROOF | VOICE-ACTIVATED NAVIGATION



"Highest Ranked Compact Multi-Purpose Vehicle in Initial Quality in the U.S., Two Years in a Row"



2016
alg
RESIDUAL VALUE AWARD

BEST CANADIAN RESIDUAL VALUE IN ITS CLASS 3 YEARS IN A ROW

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ALL-NEW 2017
SPORTAGE LX FWD

Sportage SX
Turbo AWD shown*

LEASE FROM
\$54 WEEKLY* AT 2.9% APR FOR 48 MONTHS* \$1,500 DOWN INCLUDES \$750 TOP QUALITY BONUS*

AVAILABLE FEATURES: HEATED FRONT AND REAR SEATS PANORAMIC SUNROOF

AVAILABLE ALL-WHEEL DRIVE



2016 SPORTAGE
"Highest Ranked Small SUV in Initial Quality in the U.S."



2016 IIHS TOP SAFETY PICK+ WHEN EQUIPPED WITH OPTIONAL FRONT CRASH PREVENTION



ALL-NEW 2016
SORENTO

Sorento SX
Turbo AWD shown*

GET UP TO **\$4,000*** IN CASH DISCOUNTS INCLUDES \$750 TOP QUALITY BONUS*

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Forte SX AT shown*

AVAILABLE FEATURES:
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Atlantic Kia dealers
for Atlantic drivers.

Offer Ends Oct 31st

*Offer available on select new 2016/2017 models through participating dealers to qualified retail customers who take delivery from October 1 to 31, 2016. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing and payments exclude delivery and destination fees up to \$1,740, \$100 A/C charge (where applicable), other taxes, licensing, registration, insurance, variable dealer administration fees, fuel-01 charges up to \$100, and down payment. (1) applicable and unless otherwise specified. Other lease and financing options also available. **Representative Example:** Lease offer available on approved credit (DAC), on the 2017 Forte LX MT (F0541H/2016 Soul LX AT (S0753E)/2017 Sportage LX FWD (S0753H) with a selling price of \$15,495/\$19,895/\$24,995 is based on a total number of 56/260/288 weekly payments of \$35/\$39/\$54 for 36/60/48 months at 0%/0.9%/2.9% with \$0 security deposit, \$0/\$750/\$1,500 down payment and first payment due at lease inception. Offer includes \$750 Top Quality Bonus and \$500/\$0/\$0 lease credit. Total lease obligation \$5,495/\$10,365/\$11,517 with the option to purchase at the end of the term for \$1,900/\$0/\$1,092.696. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometre). **Kia Protect – Job Loss Protection** is job loss insurance coverage (the "Program") and is available to qualified retail customers of participating Kia retailers in the Atlantic provinces who finance or lease a new Kia vehicle at a subsidized rate of interest through an authorized participating Kia retailer. Kia Canada Inc. (Kia) will pay for the cost of Job Loss Insurance (JLI) that may cover up to six months of the first year's lease or finance payments (to a maximum of \$3,000/month and a total maximum of \$3,000). If involuntary job loss (as defined in customer's JLI product guide and certificate of insurance) occurs within 60 days of the effective date of insurance (as indicated in customer's JLI product guide and certificate of insurance), no loss of employment insurance benefits will be claimable. If involuntary job loss occurs after 60 days of the effective date of insurance, customer must file a claim and is subject to a 90-day waiting period. If approved, payments will begin following the waiting period and are not retroactive. The term of this insurance is for 12 months from the effective date of insurance, and no benefits will be paid past the 12th month of the term. The Program only applies to customers who: a) are not covered by Kia Protect Loan Protection; b) have been continuously employed at their principal occupation for a minimum of 20 hours per week for the last 12 consecutive months; c) have not received formal or informal notice of impending job loss on the date of their lease or finance contract; and d) are not self-employed, seasonally employed or an elected government official. Documentation may be required. See your Kia retailer for complete details and conditions. Kia Protect – Job Loss Protection is underwritten by Co-operators U.I. Insurance Company, a member of The Co-operators group of companies and administered by IEM Financial Services. **Cash Purchase Price** for the new 2016 Sorento 2.4L LX FWD (S0754G) is \$23,695 and includes a cash discount of \$3,250 and \$750 Top Quality Bonus. Excludes delivery and destination fees up to \$1,740 and \$100 A/C charge (where applicable). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. (Model shown Manufacturer Suggested Retail Price for 2016 Soul SX Luxury (S0758G)/2017 Sportage SX Turbo AWD (S0752H)/2017 Forte SX AT (F0541H)/2016 Sorento SX Turbo AWD (S0753G) is \$27,495/\$31,595/\$37,295/\$42,295. The 2016 Soul and Sportage received the lowest number of problems per 100 vehicles among compact MPVs and Small SUVs, respectively, in the J.D. Power 2016 U.S. Initial Quality Study. 2016 study based on 80,571 total responses, evaluating 245 models, and measures the opinions of new 2016 vehicle owners after 90 days of ownership, surveyed in February-May 2016. Your experiences may vary. Visit jdpower.com. ALG is the industry benchmark for residual values and depreciation data. www.alg.com. The 2017 Sportage was awarded the 2016 Top Safety Pick+ by the Insurance Institute for Highway Safety (IIHS) for model year 2017 U.S. models tested. Visit www.iihs.org for full details. Government 5-Star Safety Ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). The Bluetooth® wordmark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. *Offer available to qualified retail customers at participating Kia dealers on cash purchase, lease or loan on all new 2016/2017 Kia models between October 1 and 31, 2016. Customer must choose one (1) of the following offers: (1) No Charge Winter Tires, OR (2) \$750 Top Quality Bonus discount. The following conditions apply to the No Charge Winter Tires option. Wheels are excluded. Installation, storage fees and the tax are extra and vary by dealer and region. The brand of winter tires and the size are at the dealer's discretion. Value of winter tires varies by model and trim. The following conditions apply to the \$750 Top Quality Bonus discount option. Discount is deducted from the negotiated selling price before taxes. Additional conditions apply. Offer has no cash surrender value and cannot be applied to past transactions. Visit your Kia dealer for complete details. #When properly equipped. Do not exceed any weight ratings and follow all towing instructions in your Owner's Manual. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.